

3 Days To Permanent **Bacterial Vaginosis Relief**



*Put an End to Your Bacterial Vaginosis
In 3 Days or Less - **Guaranteed!***

Disclaimer

The author of this book is not a medical doctor. The author has no formal medical training. As a health researcher, the author has spent over 10 years investigating the true cause of disease. This book is based on discoveries made by leading researchers which has been compiled from books, scientific papers, medical reports, scientific journals, and ground breaking studies from leading universities and advanced medical research institutions. The author also includes observations of the various treatments developed and practiced by doctors from around the world as well as experience gained from the thousands of women who have successfully eliminated illnesses without drugs or surgery.

Before beginning any health program you should consult a licensed health care provider and be monitored throughout the entire process. This book is not intended to provide medical advice, diagnose illness, or in any way attempt to practice medicine. It is not intended to replace personal medical care from a licensed health care practitioner. Doing anything recommended or suggested in this book must be done at your own risk.

The author is forced to include this disclaimer due to the litigious nature of today's world, and the expected attacks, criticisms, and attempts to suppress and discredit this work.

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Chapter 1

An Overview of Bacterial Vaginosis

Introduction

Bacterial Vaginosis or BV for short is a very common and uncomfortable condition that causes the vaginal area to smell and itch. It is caused by an overgrowth of Bacterial and fungus in vaginal area and it can make you feel very unclean.

Furthermore, BV is a very persistent condition that is difficult to cure FOR GOOD. Any type of affliction that is described by a word that has “osis” or “itis” at the end usually implies that the condition is chronic and that inflammation is present.

BV certainly fits that description as it is so stubborn and seems to never go away once you get it. Even after many rounds of antibiotics it seems that the infection lingers, waiting to rear its ugly head, and ruins everything from your underwear to sex with your husband to your self-esteem.

It drives some women to tears because just as you think the infection has finally left, you end up once again sniffing the familiar fishy odor or feeling that discharge which means that you are once again at the mercy of Vaginosis.

If you have suffered from BV like I have, then you know it never goes away. You might get a prescription that provides relief for a day, a week, or two. But after that, the whole vicious cycle just starts up all over again.

I call this the BV Medical Merry Go Round. It goes like this:

- You get the itching and burning
- You get the smell and the discharge.
- You try to treat it with douches and over the counter remedies.
- You powder and spray yourself to get rid of the smell.
- You can't stand it anymore and go to the doctor.
- The doctor shrugs his shoulders, tells you it is chronic and writes you a prescription for the antibiotic.
- You take the antibiotic. The BV goes away but now you have a yeast infection and in some cases, a urinary tract infection to go with it.
- You are prescribed an anti-fungal or anti-yeast cream for the yeast infection.
- Two weeks to three weeks later, the symptoms come back and you start the whole cycle over again.

You probably picked up this book because you are fed up with the medical system, but before we get any further into this subject you need to make sure that you actually have BV.

There are sections in this book where you might think that I am an anti-doctor. That is not exactly true. There are situations where lab tests and a doctor can definitely perform some tests and diagnose you.

When it comes to BV, self-diagnosis can be a misleading thing! For one thing not all BV is that innocent. It can be a symptom of having a sexually transmitted disease. You need to make sure that is not the case, before you decide to get rid of it by using natural methods only.

If you know that you only have a routine case of Vaginosis then by all means treat it with this natural remedy.

So, before you decide that you actually have Bacterial Vaginosis there is a few things you should know about the condition of Vaginosis in general.

Vaginosis itself is a disorder that describes the inflammation of the mucous membranes that line the vagina.

There are two types – Bacterial or infectious.

Bacterial Vaginosis, which is the type of Vaginosis that this book deals with, is caused by an overgrowth of Bacterial or fungus.

Infectious Vaginosis is caused sexual diseases with scary names such as the trichomonas, gonococci or other sexually transmitted organisms.

The upshot is that you should NEVER ASSUME that what you have is Bacterial Vaginosis. Get tested.

Make sure your doctor does the lab tests to make sure that your symptoms are not caused by an underlying infectious disease. That infectious disease must be treated or your Vaginosis will never go away.

You might even want to treat that underlying disease with complementary natural therapies as well.

Most women seem to suffer from what I like to call ordinary Vaginosis. This type of BV can easily be addressed, relieved and ultimately cured by changes in diet and lifestyle changes. There are natural substances that you can take immediately to relieve your suffering.

Ordinary Vaginitis is caused by a number of things including:

- The Bacterial or fungal infestation
- Vitamin B deficiencies
- Intestinal worms
- Irritation from excessive douching
- The overuse of deodorant sprays
- Tight non porous clothing
- Pregnancy
- Diabetes
- The overuse of antibiotics
- The use of oral contraceptives

There is also a third type of Vaginitis that should be mentioned here called atrophic Vaginitis.

It is primarily found in post menopausal women and those whose ovaries have been surgically removed. This disorder can result in adhesions and make a person more vulnerable to infection.

Sometimes this type of Vaginitis is simply accepted and treated as a normal part of aging or going through menopause.

This type of Vaginitis does need special treatment. It is characterized by a thinner watery discharge and thin streaks of blood.

If you are near menopausal age or in menopause and you have this then you should see your doctor to get a correct diagnosis.

If you do have Atrophic Vaginitis you will most likely be prescribed a prescription estrogen ointment and extra doses of the vitamin B6. High doses of folic acid can also help treat this condition.

For ordinary Bacterial Vaginosis, two different medicines are recommended as treatment -- metronidazole or clindamycin.

Either can be used with non-pregnant or with pregnant women, but the recommended dosages differ.

Statistics

Bacterial Vaginosis is practically a plague in this country. It often goes undiagnosed and sometimes untreated as so many women are so embarrassed by the condition they never get proper treatment for it.

Many women also believe that the BV is caused by sex and feel that there is a stigma attached to the disorder. This comes from the fact that contracting certain sexual diseases can cause it but usually this is not the culprit.

Bacteria is the culprit. Unfortunately many doctors, including male doctors, treat your vaginal disorder as being the result of promiscuity or too much sex.

In the meantime, the reality is that you are not having any sex at all as you are afraid of disgusting your lover with the odor.

BV is very common in women of reproductive age and as many as 16% of pregnant women get it. That is because the walls of the vagina thin when you get pregnant and become more vulnerable to infection.

African Americans are most likely to contract it. The breakdown in terms of vulnerability to the condition is:

- 23% of African Americans

- 16% Hispanics
- 9% Whites
- 5% Asians.

According to the CDC (Center for Disease Control) 1 in 424 women contract the Bacterial form of Vaginosis. There are also some conditions that put you at extreme risk for BV.

These include:

- Lupus, SLE (Systemic Lupus Erythromatosis) - This disease of the immune system puts you at an unusually high risk for contracting infections.
- Women with Low Estrogen Levels – Low estrogen can cause the vaginal lining to become more fragile and thin which in turn increases the risk of Bacterial infection.
- Women with High Estrogen Levels – Women with high estrogen levels, also known as estrogen dominance are also more vulnerable to infection. Elevated estrogen levels are common in individuals that are taking birth control or who are pregnant. Changes in the vaginal lining make it an ideal breeding ground for funguses and Bacteria.

Symptoms

Symptoms of Bacterial Vaginosis include:

- Vitamin B deficiency
- Abnormal or excessive vaginal discharge
- Discharge with a foul fishy smell
- A slimy feeling or feeling like you can never feel clean

- Painful penetration during sex
- Severe vulvar pain
- Odorous discharge during and after sex
- Itching
- Chronic yeast infections
- Chronic urinary tract infections

Needless to say these symptoms can have an enormous impact on your well-being.

First of all, if you have had a number of these infections you might be losing B vitamins and especially Folic acid.

B vitamins have a lot to do with the way we process energy. You may feel fatigued and irritable and like you can't get through your day. Foggy thinking and feeling weak is also a symptom of this type of deficiency. It could get so bad that you might be feeling dizzy or like you need to go to bed all day.

If you have any symptoms of fatigue like this then you need to immediately start supplementing with a good B complex and Folic Acid!

To add to your woes you may have the excessive vaginal discharge. This is just uncomfortable. You may find yourself walking around in slimy feeling underwear all day or having to bring an extra pair to work.

You might also feel like it is inappropriate to go swimming or work out because you smell, and the discharge is worse after you take part in these activities.

The excess discharge and fishy smell is also very distressing in terms of just feeling sexy. It can definitely affect your sex life. You may find yourself avoiding sex, which can cause rifts in your relationship.

Many women spend all kinds of money on mini-pads, deodorants, douches, perfumes and anything they can to disguise the odor. The problem is that these measures often serve to make things worse.

Another terrible problem is that the odor just gets worse during and after sex. This makes many women avoid the sexual act altogether because they are terrified that their partners will be repulsed by the smell.

Sex may also be more lubricious than normal which is not necessarily a desirable trait.

Then there is the itching. Many women can barely sit still in their office chairs because of the itching. You need to scratch but it is hard to do it in public. There is always the risk that someone will see you.

Constantly running to the washroom all of the time to take care of discharge, smells, or itching might also have your bosses and colleagues wondering about you as well.

Yet another problem is the side effects of the antibiotics. If you are on a diet you often end up blowing it because you might have to take pills three or four times a day and you need to take them with food.

Antibiotics have all kinds of side effects including depression, lethargy, upset stomach, burning esophagus, and most importantly – Candida yeast overgrowth. Over the long term antibiotics can also do things like soften tooth enamel, damage your intestinal walls and stress out your kidneys and liver.

Long-term exposure to antibiotics can also cause you to be more susceptible to earaches, respiratory infections, athlete's foot, and any kind of disorder that is provoked by a lowered immune system.

Anything that causes Candida yeast overgrowth is going to eventually cause you to have a yeast infection. The reason that yeast will thrive in this situation is because the antibiotics have the effect of lowering your immune system.

Antibiotics also create an acidic condition in your entire body, which allows yeast to thrive. It will be especially prevalent in your intestines and throughout your entire pelvic and urinary tract system.

Why should you be concerned about yeast growing in your colon and other organs? Yeast and funguses migrate very easily to other parts of your body including the vagina.

Many women who have been treated for Bacterial Vaginosis over a period of years often find themselves vulnerable to urinary tract infections as well. This is a consequence of having the immune system persistently lowered due to endless rounds of antibiotics.

The ultimate danger of being prescribed endless antibiotics is that it can also lower your resistance to them.

The consequence of this is that the antibiotics are either:

- 1) Not effective when you really need them to defend you against a serious disease or
- 2) You actually develop intolerance to the antibiotic and suffer an allergic reaction

You are also at increased risk for BV if you:

- Have multiple sexual partners
- Use an intrauterine device for conception
- Douche after sex

The fact that promiscuity is associated with contracting BV does not help you much either when it is time to visit the doctor.

Many doctors appear to have a stigma or a bit of attitude when it comes to the disorder. It seems almost like the doctor assumes you are promiscuous if you have contracted which makes it even more embarrassing to get medical help!

In most cases, BV causes no complications. But there are some serious risks from BV sometimes. For instance:

- Pregnant women with BV more often have babies who are born early or with low birth weight.
- The Bacteria that cause BV can sometimes infect the uterus (womb) and fallopian tubes (egg canals). This type of infection is called pelvic inflammatory disease (PID). PID can cause infertility or damage the fallopian tubes enough to increase the future risk of ectopic pregnancy and infertility. (Ectopic pregnancy is a life-threatening condition in which a fertilized egg grows outside the uterus, usually in a fallopian tube and it can result in having to have all of your internal sexual organs removed!)
- BV can increase a woman's susceptibility to HIV infection if she is exposed to the virus. The problem is that you are just less able to fend it off.
- Having BV increases the chances that an HIV-infected woman can pass HIV to her sex partner.
- BV can increase a woman's susceptibility to other STDs, such as Chlamydia and gonorrhea.

Researchers are investigating the role of Bacterial Vaginosis in pelvic infections that result in infertility and tuba (ectopic) pregnancy. There is a

growing body of evidence suggesting an increase in adverse outcomes of pregnancy such as premature and low-birth-weight infants among women with BV.

Just keep in mind that not all BV infections are the result of taking too much antibiotics or a less than alkaline body state. It is also possibly the result of having a more serious disease where the immune system is compromised.

Conclusion

The bottom line is that when it comes to a chronic condition like Bacterial Vaginosis you need to take your health into your own hands.

Like so many other problems that afflict women, there is a lot of embarrassment (on the part of the patient) and intolerance (on the part of the doctor) to this kind of problem.

The doctor often sees it as a minor inconvenience, and the type of problem that can only be managed by antibiotics but never cured.

The doctor may even perceive this as a condition that you are bringing on to yourself from having too much sex!

The patient does not necessarily realize that the doctor has no intention of curing her and simply continues to take courses of prescribed antibiotics that make the problem worse. Before you know it, she also has yeast and urinary tract infections.

This book is about teaching you how to take charge of your health again so that you are not at the mercy of a health system that has neither the time nor knowledge about how to cure this condition for good.

The great news is that there is a relief for this condition.

Read on to find out how to end the vicious cycle of antibiotics and recurring infections as well as all about my 3-Step Plan of Attack for getting immediate relief from painful symptoms such as itching, discharge and odor.

Chapter 2

How Antibiotics Keep BV Around

Introduction

By now you have probably heard just a little bit about how Americans are overusing antibiotics for common ailments and how this is leading to a concern about the entire population eventually becoming immune to the positive effects of the drugs.

People are loading tons of antibiotics into their systems, often with no benefit except to the manufacturers of antibiotics. The end result is not pretty in terms of what we are doing to our collective immunity against the big diseases, which of course mutate more and more every day into super bugs.

Do you really want to be part of this trend towards lowering humanity's resistance to disease? All of this over prescribing of antibiotics is leading to even more resistant Bacteria.

We also perpetrate stronger strains of fungus and Bacterial the more we allow ourselves to be medicated with antibiotics.

Women who take several rounds of antibiotics a year to treat Bacterial Vaginosis, end up with more difficult-to-treat secondary infections (like urinary tract infections) AND quite commonly, uncomfortable side effects.

Is there an alternative? - Yes! We are going to discuss it more detail in the third and fourth chapters of this book. The alternative is to wake up and realize that life style changes, not magic bullets are the key to getting off this treadmill of antibiotic intolerance.

In a very wide variety of complaints, doctors may prescribe antibiotics without a clear indication of a "bug" that is susceptible to antibiotics - "just in case". The problem is that sometimes there are no Bacteria to kill, only a virus. Antibiotics simply do not work on viruses – only Bacteria.

That is why it is so crucial for you to make sure that you are actually suffering from Bacterial Vaginosis and not infectious Vaginosis which is caused by sexually transmitted viruses. Viruses simply will not respond to antibiotics and you will be lowering your resistance and immunity for no good reason.

Worse yet, people without proper medical training may push antibiotics or misguided persons may "self-medicate" with them. One really nasty habit is to never finish the initial round of antibiotics that was prescribed you. The reason this is a disaster is because every time you do this you give the bug time to mutate and overcome the power of the antibiotic.

The “prescribing antibiotics” just in case approach to life is bringing super bugs and their damaging consequences closer to the fore. We are not far away from the day when a new strain of BV that is not treatable at all by existing antibiotics.

The result in the long run is a massive amount of the population developing life threatening infections that can’t be treated by antibiotics.

The overuse of antibiotics to treat BV is in fact an excellent example of how allopathic medicine sometimes benefits from keeping us sick.

It works like this, the more attacks of Bacterial Vaginosis that you have, the more visits you will make to the doctor. The doctor profits!

The more trips to the doctor you make the more antibiotics prescriptions he will write to treat your condition. The pharmaceutical companies profit!

The more antibiotics that you take the more likely you are to require treatment for a yeast infection or urinary tract infection. The pharmaceutical companies profit again!

These treatments are only a temporary quick fix for your problem and before you know it, your infection is back and you return to the doctor's office where, the doctor profits again.

The only person that does not profit from this situation is you.

You keep spending money for treatments that don't work. All the time this medical treatment is not working, you are led to believe that it is somehow your fault and not the fault of the drugs or doctors.

The more money you give to your doctor and pharmaceutical companies for this, the more medical problems you'll have. This is what I call the cycle of profit.

Over the long term your immune system may become compromised and you will find yourself donating even more money to the pharmaceutical companies to treat the following conditions that are caused by the overuse of antibiotics:

- Bad breath
- Depletion of helpful intestinal Bacterial
- Chronic Candida yeast overgrowth
- Chronic urinary tract infections
- A lowered resistance to viruses, fungus and Bacteria

These physical problems are mostly the result of how antibiotics affect our intestinal Bacteria, which in turn affects our ability to ingest nutrients, creates unfriendly Bacteria in our intestines and lowers our immune system.

The Negative Effects of Antibiotics

Women who have Bacterial Vaginosis often end up being sicker than they need be due to compromised immune systems. This means they have taken a course or two of antibiotics without supplementing with Probiotics that were killed off by the antibiotics.

This causes an overgrowth of yeast and fungus that thrives in the colon. Furthermore these organisms make their own secretions, which are often toxic and can cause symptoms of fogginess. In fact many people who have BV also often feel like they have a hangover thanks to the extreme amount of yeast and Bacteria excreting alcohols in their intestines as a byproduct of leeching off of you as a host.

The result of antibiotic overuse is not only a vulnerability to all kinds of bugs, urinary tract infections and yeast infections but you are also more likely to suffer from one common cold after another.

Earaches and problems such as labyrinthitis are also common after taking rounds and rounds of antibiotics. Many women also develop sinusitis. Weirdly, these two conditions are also commonly treated with even more rounds of antibiotics which aggravate the BV that you had in the first place.

If you must take antibiotics, then it is important to replenish the friendly Bacteria as soon as possible to maintain good health, and this means taking Probiotics supplements orally!

In adults, bad breath is usually the first indication that normal Bacterial levels are critically low. When lactobacillus levels are low in the colon, partially digested food decays, producing foul gas and toxemia.

If you are not actively replenishing your intestinal Bacterial after a dose of antibiotics, both with supplements and contributing foods, you indirectly are providing to the recurrence of future health problems. An intestinal tract devoid of friendly intestinal Bacterial is breeding ground for future illness.

Good Bacterial such as Lacto-bacteria are the only elements in the body which keep Candida and other harmful yeast infections under control, so whenever you take a course of antibiotics, Candida have a field day and spread like wildfire throughout your system.

A primary effect of Candida infection is suppression of the immune system, which means that the very drug you're taking to combat disease is impairing your only natural defense against it, both immediately and in the future.

Healthy "friendly" intestinal Bacterial is essential not only to good intestinal health, but without it overall vibrant health, it is quite difficult to achieve and/or maintain. BV is a sign telling you your body is out of balance.

You need to realize that there is "good Bacterial" and bad Bacterial. People are pouring tons of antibiotics into their systems, often with no benefit except to the manufacturers of antibiotics.

Bacteria are everywhere.

Not all Bacterial is bad. We swallow them with our food, drink them with water, they are in the air we breathe, on our skin, in our mouths, digestive tract, sinuses, and other areas of our bodies. Bacterial only becomes bad for us when our bodies swing out of balance.

As far as health is concerned, some types of Bacterial are harmful, some neutral, and some are very beneficial. Some types of Bacterial are extremely valuable for good health as they work harmoniously with our

immune system. In fact, the Bacterial in your body is so critical that without them you would die.

In a healthy colon, there is literally trillions of beneficial or "friendly" Bacterial that help digest food through our system.

Under favorable conditions, they multiply at a fast enough rates to keep pace with the large numbers that are lost during elimination.

When they are located in the intestinal tract, they are referred to as "intestinal flora," "micro-flora", "good Bacterial", "friendly/beneficial Bacterial" or sometimes just "flora."

These friendly Bacterial synthesize many important vitamins in the digestive tract including Vitamin K and some of the B vitamins. One vitamin co-factor that is lost during this process is folic acid. Without folic acid we do not absorb B vitamins well at all.

A very important function they perform is helping the colon maintain a proper pH or acid-base balance.

It is necessary for the pH to stay in the correct range in order for other health supporting Bacterial to exist. It is also important to keep levels of bad micro-organisms under control.

The same is true in the vagina. If their pH is not acidic, it creates a perfect breeding ground for bad Bacterial to thrive.

One of the results of too many bad Bacterial in the vagina is vaginal yeast infections. Like BV, yeast infections are a common cause of vaginal irritation. It has been estimated that approximately 75% of all women will experience at least one episode during their lifetime.

BV is caused by too many bad Bacterial and not enough good Bacterial that normally colonize in the vagina.

Several factors are associated with increased rates of BV in women, including pregnancy, uncontrolled diabetes, and the use of oral contraceptives or antibiotics.

Other factors that may increase the incidence of BV include the use of douches, chemical soaps, perfumed feminine hygiene sprays, topical antimicrobial agents, and tight, poorly ventilated clothing and underwear.

It Is Not All the Doctor's Fault

You might be asking yourself at this point “Why do doctors do this to us? Why do they prescribe these antibiotics when they know in the long run they will not help us?”

The thing is that even though doctors know they make a profit from you when you are sick, they are not necessarily evil in the sense they would consciously prescribe you medicine to make you sicker.

In fact what usually happens is that the doctor is simply doing what they have been “trained” to do. They feel as helpless as you when it comes to knowing how to stop the misery of these chronic attacks and want to use the antibiotics to give you some relief.

It is also apathy. People are given a job to do. They just want to get through the day and you show up with a chronic, yet minor problem that they can't solve

You also have to put yourself in the doctor's shoes. You are sitting there, looking at a woman in extreme discomfort from the itching of BV. You want to help her escape her misery but you have no other recourse but to prescribe the antibiotics as you know that is the solution that will help her temporarily. You know that she will be back for another prescription after this course, but as there is no other alternative, what can you do?

Also, because we pay our doctors, we don't like to leave their offices empty handed. Doctors know that patients that don't leave without a prescription of some sort somehow also feel like they have not received treatment – “not received their money's worth” so to speak.

If you want to get well then you need to stop expecting your doctor to do the “short term gain” thing with you. You need to stop pressuring your doctor to help you by giving you prescriptions.

Get the diagnosis through the lab tests performed through your doctor and stop demanding that he give you a magic bullet to treat your Bacterial Vaginosis. Walk out of there with your lab results and resolve to treat the problem through natural means.

The lab test that is done to test for BV is very simple.

A sample of vaginal fluid is examined under a microscope to detect the presence of the organisms associated with Bacterial Vaginosis. Diagnosis is based on the presence of numerous "clue cells" (vaginal lining cells that are coated with G. Vaginalis and other BV organisms), a fishy odor, and decreased acidity of vaginal fluid.

Realize that anything that he might have to prescribe, especially if he has prescribed it many times before may not work for you this time.

In fact, that is what so many women discover. They are continually prescribed the same antibiotic again and again even if they tell their doctor that the last dose did not work.

Prescribing more of the same antibiotic has almost never worked for curing anything and yet that is just what many doctors do. They feel hamstrung by their lack of ability to actually help you and your need to be treated. They are simply taking a shot in the dark and hoping that it will work this time – because very occasionally it does.

Conclusion

The chemical drugs so freely prescribed by practitioners of allopathic medicine relieve the overt symptoms of Bacterial Vaginosis, particularly pain, but do nothing to eliminate the root causes which often lie hidden from the symptoms.

Women with BV easily grow dependent on these drugs using them continuously until they develop a tolerance to them. The doctor continually switches the antibiotics often until none of them are effective at all.

Unfortunately, Women usually wait until no antibiotics work before they decide to treat their BV in another way.

I know, I hit rock bottom and felt I needed to try something else when I found that none of the antibiotics prescribed for me worked any more.

Often the drugs themselves further aggravate the condition, or cause other ailments in related organs.

When antibiotics don't seem to work doctors start to turn to extreme measures such as surgery to treat the condition.

At times the taking of antibiotics can be necessary, even life saving.

When we take them to kill off infectious Bacterial, we also destroy large amounts of the beneficial flora in our digestive tracts.

When bowel ecology becomes out of balance, health problems can and usually almost always do develop over the longer term. Serious health problems can result.

That is what this book is about, learning to balance the good and bad bacteria in your intestines and vagina so that your body can heal itself, naturally.

Chapter 3

A Simple, 3 Step Plan For Immediate Relief

When most people first hear that herbal and natural remedies are available to treat BV, they are pretty skeptical. The first thing they think is that there is no way a folk remedy can get them out of pain, and that it is just an outrageous idea.

This is because we have been trained to believe that herbs or home remedies can take forever to become active in our systems.

I have what is called a 3 Step Attack Plan for getting you out of immediate discomfort.

This 3 Step Attack Plan that battles the evils of Bacterial Vaginosis consists of:



End of Free Chapters...

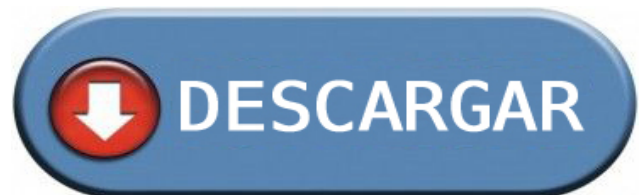
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Acidification in the body comes as a result of THREE primary things:

1. Eating too many acidifying foods which create an acid ash in your body. This is where proper diet comes in. By eating a diet of 80% alkalizing foods, you'll eliminate the production of excess acid in your body.
2. Microforms like bacteria, yeasts and fungi create acidic toxins in your body. Not only that, but they proliferate in an acidic body. So, not only do they "show-up" in an acidic body, they also pollute and further acidify your body. For this reason, it is important to cleanse & detoxify your body in order to jumpstart the process of balancing your pH.
3. You lack proper alkaline buffers such as certain minerals that neutralize acids. By increasing your intake of alkaline-mineral rich water and alkaline supplements, you will replenish your body's capacity to neutralize excess acids.

ACIDIC & ALKALIZING FOODS

For the purposes of identifying the acid or alkaline potential of foods, we have divided the following list into three basic categories - alkalizing, slightly acidifying, and very acidifying. Even within a single category, however, not all foods are uniformly alkalizing, acidifying, or acid.

The classification used here presents foods in a three-column chart. Alkaline foods (vegetables) are divided into very alkalizing, acid but alkalizing, and slightly alkalizing. "Acid but alkalizing" foods are those which are acid by nature because they contain weak acids such as citric acid. However, these acids are easily exhausted in your body, converting to carbon dioxide and water during digestion. They are rich in alkaline minerals, and thus have an alkalizing effect on the body.

Fruits are classified as alkalizing, acid but alkalizing, and slightly acidifying. Since most fruits are high in sugar, they fit into the slightly acidifying category. If you are very acidic, it is best to avoid high sugar fruit altogether, or limit your intake to a serving per day. Once your pH becomes balanced, you can eat them in moderation.

Dairy products are classified as alkalizing, slightly alkalizing or acidifying. Some refute the fact that dairy products can be alkalizing. This is because they contain lactic acid, which is a weak acid.

While it is considered weak, it does contribute to a low oxygen environment and fatigue. The lactic acid in dairy products is produced by bacteria that feed on the sugar (lactose) in it. However, milk contains large amounts of alkaline minerals including calcium, magnesium, and potassium. It also contains phosphorous, which is necessary for calcium utilization. When one of these alkaline minerals, like calcium for example, binds with lactic acid, a neutral salt called calcium lactate is produced. Thus, while milk contains lactic acid, it also contains the minerals required to buffer it... and then some. The fresher the product is, the less amount of lactic acid it will contain, and the more alkalizing it will be.

Grains and breads are classified as alkalizing, slightly acidifying and acidifying. Most grains are slightly acidifying. When mixed with vegetables, however, they make for a great alkalizing meal. Meats and fish are classified as slightly acidifying, acidifying, and very acidifying. Some meats, of course are more acid producing than others. As a rule, these foods should be avoided until your body gets back into balance.

In order to maintain proper pH, you should eat them in moderation. The classification on these charts can serve as a useful guide for taking the first steps towards developing a healthier pH balanced diet and lifestyle..

Tip! While eating a healthy diet plays a fundamental role in the process of pH balancing, there are a few things you can do to get a jumpstart:

1. Cleanse your body (colon, lymph, liver, kidneys).
2. Hydrate! Drink PLENTY of water... Especially alkaline water.
3. Supplement your diet with alkalizing nutritional supplements.

ACIDIC & ALKALINE FOODS

Try to eat 80% (or more) alkalizing foods and 20% (or less) acidifying foods

Note: * "Acid but Alkalizing" foods are weak acid foods that contain weak acids. While their pH is acidic, these foods have an alkalizing effect in your body. This is because the weak acids (ie. citric acid) convert to water and carbon dioxide in your body. The carbon dioxide is expelled through your breath.

VEGETABLES

VERY ALKALIZING

avocado	cucumber	leeks	
beet greens	edible gourds	peas	salad greens
broccoli	fennel	peppers	spinach
Brussels sprouts	garlic	potato	squash
carrots	grasses (ie wheatgrass)	radish	sweet potatoes
celery stalks	green beans	red beets	turnips
chives	green cabbage	red cabbage	watercress
corn	leeks	rhubarb	yellow beans
			Zucchini

* ACID BUT ALKALIZING

Sour Pickles	Tomato
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SLIGHTLY ALKALIZING

artichokes	cauliflower	onion
brussels sprouts	lettuce	peas

DRIED FRUITS

SLIGHTLY ALKALIZING

apricots	dates
bananas	raisins

SLIGHTLY ACIDIFYING

apples	mangos	pears	prunes	raisins
figs	peaches	pineapple	dates	

ACIDIC & ALKALINE FOODS

BEANS & LEGUMES

ALKALIZING

navy beans	soy nuts	white beans
soy beans	soy sprouts	

SLIGHTLY ALKALIZING

tofu	lentils	mung beans
dried peas	kidney beans	

SLIGHTLY ALKALIZING

chickpeas (garbanzo beans)
red beans

FRESH FRUITS

SLIGHTLY ALKALIZING

coconut	* bananas - the riper they get, the more acidifying they become
sour cherries	
watermelon	

ACID BUT ALKALIZING

grapefruit
lemons
limes

SLIGHTLY ACIDIFYING

apples	dates	mangos	oranges	plums	tangerines
apricots	figs	melons	papayas	raspberries	
blueberries	gooseberries	mulberries	peaches	red currant	
cantaloupe	grapes	nectarines	pears	strawberries	
cranberries	kiwis	oranges	pineapples	sweet cherries	

ACIDIC & ALKALINE FOODS

CEREAL GRAIN AND BREADS

ALKALIZING

buckwheat

SLIGHTLY ACIDIFYING

barley	millet	rye	whole-grain bread
brown rice	oatmeal	spelt	(without yeast)
dark bread	oats	whole grain crackers	whole-grain cereals
granola	quinoa	whole grain pasta	

ACIDIFYING

cakes	cookies	pies	white rice
cookies	couscous	semolina	yeast bread
couscous	crackers - white flour	sweetened granola	
dark bread	millet	wheat	
commercial cereals	pasta - white flour	white bread	



Continued on next page.

ACIDIC & ALKALINE FOODS

DAIRY PRODUCTS

ALKALIZING

acidophilus milk	fresh butter	fresh cheese	raw whole milk
banana smoothie	fresh buttermilk	fresh whey	

SLIGHTLY ALKALIZING

brie	slightly aged whey	oatmeal	whole grain pasta
drained cheese	swiss	oats	whole-grain bread
fresh yogurt	yogurt drinks	quinoa	(without yeast)
fruit smoothie	dark bread	rye	whole-grain cereals
pasteurized milk	granola	spelt	
provolone	millet	whole grain crackers	

ACIDIFYING

aged brie	aged whey	cooked butter	ultra pasteurized milk
aged buttermilk	aged yogurt	cream	kefir
aged cheeses	chocolate milk	dextrogyre yogurt	parmesan cheese
			sweetened yogurt w/ fruit

Note: Some refute the fact that dairy products can be alkalizing. This is because they contain lactic acid, which is a weak acid. While it is considered weak, it does contribute to a low oxygen environment and fatigue. The lactic acid in dairy products is produced by bacteria that feed on the sugar (lactose) in it. However, milk contains large amounts of alkaline minerals including calcium, magnesium, and potassium. It also contains phosphorous, which is necessary for calcium utilization. When one of these alkaline minerals, like calcium for example, binds with lactic acid, a neutral salt called calcium lactate is produced. Thus, while milk contains lactic acid, it also contains the minerals required to buffer it... and then some. The fresher the product is, the less amount of lactic acid it will contain, and the more alkalizing it will be.

ACIDIC & ALKALINE FOODS

MEAT AND FISH

SLIGHTLY ACIDIFYING

bass	oysters	sole
flounder	pike	trout
liver	salmon	walleye

ACIDIFYING

chicken	halibut	organ meats
catfish	mahi mahi	tuna
egg yolk	mussels	turkey

VERY ACIDIFYING

beef	crab	lobster	shrimp
carp	herring	mackerel	veal
cold cuts	lamb	pork	whole eggs

MISCELLANEOUS FOODS

ALKALIZING

apple cider vinegar *	sea salt	* apple cider vinegar is alkalizing because the acetic acid in it is a weak acid, and easily exhausted. The remaining components are alkalizing.
cold pressed vegetable oils	stevia	
green herbs	table salt	

SLIGHTLY ACIDIFYING

brown rice syrup	vegetable oils	pickles
fructose	honey	raw cane sugar
heat pressed	maple syrup	vinegar

ACIDIFYING

artificial sweeteners	capers	lard	mushrooms	white sugar
brown sugar	heated oils	margarine	mustard	
processed foods	hydrogenated oils	mayonnaise	pickles	
canned foods	ketchup	molasses	pimentos	

ACIDIC & ALKALINE FOODS

BEVERAGES

ALKALIZING

almond milk		mint tea	water with a pH of 7+
fresh lemonade	green tea	soy milk	
fresh vegetable juice		tomato juice	*(from grasses)

SLIGHTLY ACIDIFYING

filtered water	green tea	tap water - depending on how treated
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ACIDIFYING

beer	cocoa	commercial lemonade	liquor
black tea	coffee	hot chocolate	sodas
carbonated water	commercial juices	liquor	wine

Now for the delicious recipies!



SALADS

ROMINI SALAD

1 med. Red-Leaf Lettuce
1 med. Romaine Lettuce
2 med. Zucchini, thinly sliced
¾ cup Radishes, sliced
2-3 Green Onions, sliced

DRESSING

¼ cup Flax Seed Oil
2 tbs. Sea Salt
Crushed Garlic clove (to taste)
Pinch of dried Tarragon Leaves

SPICY ASIAN NOODLE SALAD

½ package thin Buckwheat Soba Noodles
½ cup green onion
10 pieces tofu (optional)
1 stalk celery, chopped
½ cup Mung bean sprouts
½ cup red pepper, chopped
½ cup raw almonds, chopped

DRESSING

4 tablespoons sesame oil
2 tablespoons Bragg® Aminos
¼ tablespoon hot chili oil

Cook the noodles, drain, and rinse in cold water. Mix the Sesame oil, Bragg® Aminos, and hot chili oil. Add the dressing to the noodles and toss well. Cover and chill for several hours or overnight. Just prior to serving, stir in the vegetables, and top off with the almonds.

SALADS

CABBAGE PATCH SALAD

2 cups Red Cabbage, thinly sliced
2 cups Green Cabbage, thinly sliced
1 Carrot, grated
1 Red Pepper, slivered
1 Yellow Pepper, slivered
1 Green Pepper, slivered
1 Orange Pepper, slivered
4 Tbs. Scallions, chopped
4 Tbs. Parsley, minced
¼ cup Lemon Juice
3 Tbs. Water
1 Tbs. Oil (Extra Virgin Olive, Flax Seed, or Udo's Choice)
1-2 tsp. dried Red Chili Pepper
Dash of Bragg® Liquid Aminos

Combine all ingredients, toss thoroughly, cover & refrigerate at least a half-hour before serving.

TRADITIONAL GREEK SALAD

½ head romaine lettuce
1 cucumber, diced
2 tomatoes, diced
5 scallions, diced
½ green pepper, diced
1 cup soy feta cheese

DRESSING

2 tablespoons lime or lemon juice
1 clove garlic, finely chopped
1/8 teaspoon pepper
¼ Teaspoon Sea salt
½ teaspoon oregano
1/3 cup olive oil

Wash and cut vegetables. Tear lettuce and place in a large salad bowl. Add cucumbers, tomatoes, scallions, green peppers, and feta cheese. Mix dressing ingredients together and slowly add olive oil. Sprinkle dressing on top of salad.

SALADS

FRESH SPINACH SALAD

- 1 head Spinach
- 2 stalks Celery, chopped
- ½ cup Cauliflower cut in small pieces
- 6 Radishes, chopped
- 2 Shallots, chopped (or 1 small Red Onion)
- 2 Red Peppers, chopped
- ½ cup chopped Basil
- 4 Tbs. Pine Nuts

Combine the spinach, celery, cauliflower, radishes, shallots, red peppers, basil, and pine nuts in a large bowl. Toss thoroughly. Top with Essential Dressing.

BROCCOLI SALAD

- 1 head Broccoli
- 1 large Red Onion, chopped
- 1 cup diced Celery
- 4 chopped Scallions
- 1/3 cup Flax Oil Dressing or Parsley Dressing

Cut broccoli into small pieces. Mix ingredients and chill for one hour.

SUPER FIESTA SALAD

- | | |
|---|-----------------------|
| 2 tomatoes, sliced | 3 Tbs. salsa |
| 1 cucumber, sliced and peeled | 2 Tbs. lemon juice |
| 1 each red, green & yellow bell pepper, chopped | ½ Tbs. garlic, minced |
| 1 small red onion, coarsely chopped | ¼ tsp. pepper |
| 1 can diced green chilies | ¼ tsp. sea salt |
| ¼ cup fresh cilantro, chopped | ¼ tsp. ground cumin |

Combine ingredients and chill for one hour. Serve on a bed of lettuce or with tortilla chips.

Serves: 6, preparation time: 15 min, cook time: 0 min

SALADS

AVOCADO SUNBURST SALAD

4 sprouted whole wheat tortillas
1/2 package tofu
1 1/2 Tbs. Chile sauce
1 avocado seeded and diced
1 pink grapefruit, sectioned and peeled
1/8 cup toasted almonds, chopped
1 Packaged Organic Salad Mix

Place tortillas over the top of a medium size bowl and bake in the oven at 350 degrees F for 10 minutes. Remove the tortillas and cool. Combine tofu and Chile sauce in a medium bowl. Cover and chill for 20 minutes. Stir in avocado, grapefruit, and almonds. Arrange greens in tortilla cups and spoon salad on top and serve.

CUCUMBER SALAD

2 cups Cucumbers, chopped
2 Tbs. Parsley, chopped
1/3 cup finely chopped Peppermint
1 Tbs. Lemon Juice
1 Tbs. Olive Oil or Flax Seed Oil

Combine the cucumbers, parsley, mint, lemon juice, oil in small bowl. Toss together. Chill for several hours or overnight. Toss before serving.

RAINBOW SALAD

Grated Beets	Red, Yellow, and Orange Bell
Grated Jicama	Peppers
Grated Carrots	Sprouts
Grated Squash (e.g. Butternut, Yellow Zucchini)	Fresh Green Peas from the pod
Grated Red Cabbage	Cucumbers

In a large salad bowl, add fresh, clean, dry greens (baby greens, spinach, lettuce, etc.). Arrange the ingredients from the deepest dark colors to the lightest. Top with a dressing of lemon juice and desired oil and a sprinkle of sesame seeds.

SALADS

AVOCADO & TOMATO SALAD

2 Avocados
1 small Eggplant, diced
2 Green Chili Peppers, seeded
¾ Tbs. Curry Powder
2 Tbs. Lemon Juice
Salt and seasoning to taste
2 or 3 Tomatoes, thickly sliced
Sprout Salad with Avocado Dressing
8-10 leaves of organic leaf or romaine lettuce, washed and torn
2-3 cups mung bean sprouts
1-2 cups of your favorite sprouts (broccoli, buckwheat, clover, and lentil)
1 cucumber, peeled and sliced
1 tomato, cut into small wedge
1 carrot, peeled and grated
1 cup garbanzos, sprouted or canned

Arrange ingredients in a bowl and chill until ready to serve. Serve with avocado dressing.

AVOCADO DRESSING

One small avocado
1 Tbs. olive oil
2 Tbs. tofu
In a blender, blend all ingredients.

TOMATO SALAD

2 medium tomatoes
¼ tsp. fresh ground pepper
2 Tbs. dressing (see below)

Cut tomatoes into bite size pieces. Arrange them in a bowl. Pour the dressing over the tomatoes.

DRESSING

1 tsp. lemon juice	1 tsp. garlic powder	Pepper to taste
1 tsp. olive oil	Sea salt to taste	Italian herbs to taste

DRESSINGS

MINTY CINNAMON DRESSING

½ cup Olive Oil
5 Tbs. Carrot Juice
1/3 cup Lemon Juice
½ tsp. Cinnamon
½ tsp. Lemon Pepper
1 tsp. Orange Ginger Pepper blend (Spice Hunter)
1/8 tsp. Paprika
1 Tbs. fresh Mint, finely chopped

Blend all ingredients except mint in a food processor or blender. Blend until smooth. Stir in Mint.

SOY CUCUMBER DRESSING

2-3 tsp. Carrot Juice
½ small Onion
½ Red Bell Pepper
1 lg. Cucumber
1 cup Soy Milk
1 tsp. dried Basil (or 2 tsp. fresh)
1 Tbs. Bragg Liquid Aminos or Salt to taste

Blend ingredients in food processor or blender until smooth.

FLAX OIL DRESSING

30% Flax Seed Oil
30% Bragg Liquid Aminos
40% Water
Liquid Lecithin to thicken and emulsify
Season as desired
Shake and pour. Can be used as dressing for salad or steamed veggies.

SOUPS

YUMMY BROCCOLI SOUP

2 cups Vegetable Stock or Water
3-4 cups Broccoli, chopped
2 Red or Yellow Onions, chopped
1 Red Bell Pepper, chopped
1-2 stalks of Celery, cut in large pieces
1 Avocado
Bragg Liquid Aminos or Salt to taste
Cumin and Ginger to taste

Warm 2 cups of water or stock in an electric skillet. Keep the temperature at or below 118 degrees (finger test). Add the chopped broccoli and warm for 5 minutes. Puree the warmed broccoli, onion, bell pepper, celery, and avocado. Thin with additional water if necessary achieve the desired consistency. To add a crunch, save the broccoli stalks and peel off the tough outer skin; then in a food processor until they are small chunks. Add to the soup just before serving. Serve warm. Add Bragg's, cumin, and ginger and any other spices you like.

GAZPACHO

4 cups fresh Tomato Juice	1 Tbs. Olive Oil
½ cup Cucumber, chopped	1 tsp. Basil
¼ cup celery, finely chopped	½ tsp. Garlic, minced
¼ cup Green Bell Pepper, chopped	½ tsp. Pepper

Combine ingredients. Cover and chill overnight.

GREEN RAW SOUP

1-2 Avocados	1 Tbs. fresh Cilantro
1-2 Cucumbers, peeled and seeded	1 Tbs. fresh Parsley
1 Jalapeno Pepper, seeded	Juice of ½ Lemon
1 Carrot, finely diced	1-2 cups light Vegetable Stock or Water
½ Yellow Onion, diced	3 cloves roasted Garlic

Puree all ingredients, except onions and carrots, in a food processor. Add more or less water to desired consistency. To garnish add onions and raw carrot bits.

SOUPS

ASPARA ZINCADO SOUP

12 stalks medium Asparagus (or 17 thin stalks)
5-6 large Tomatoes
1 cup fresh Parsley
3-5 Sun-dried Tomatoes (bottled in olive oil)
1 Red Bell Pepper
1 Avocado
¼ cup dried Onion
4 cloves fresh Garlic
Bragg Liquid Aminos to taste
1-2 tsp. Spice Hunter's Herbes de Provence
2 tsp. Spice Hunter's Deliciously Dill
2 Lemons or Limes, cut in thin slices

Blend the asparagus and red tomatoes, parsley, dried tomatoes, red bell pepper, onion, garlic, and spices in a food processor. Blend in the avocado until soup is smooth and creamy. Warm in an electric skillet and garnish with lemon or lime slices. Season with Bragg's to taste.

CELERY SOUP

4-5 stalks Celery
3 cups pure Water
2 Tbs. yeast-free instant Vegetable Broth

Cook celery until tender. Add water and broth mix and pour into blender. Blend 15-20 seconds. Reheat and serve. Use Bragg Liquid Aminos, flax seed oil, and cayenne pepper, to taste.



ENTRÉES

TUSCANY TOFU MEATBALLS

1-2 cups Sprouted Wheat Tortilla crumbs
1 cup cooked Brown and Wild Rice, 50/50
1 med. Red Onion, finely chopped
2 cloves Garlic, minced
2 stalks Celery with leaves, finely chopped
2 lbs. FIRM Tofu (Nigari), crumbled
1 cup Vegetable Stock (Pacific Foods of Oregon brand)
¼ cup whole Rolled Oats
2 cups fresh Basil, finely chopped
2 cups Parsley
¼ tsp. Black Pepper, Freshly ground
2 tsp. “Zip” or pinch of Cayenne Pepper
1 Tbs. Olive Oil
3 Tbs. Bragg Liquid Aminos
Spice Hunter's Herbes de Provence to taste (about 1 tsp.)

Take 8-10 sprouted wheat tortillas and leave them out to dry on a counter or quick-dry them in a low-heat oven. Break into small pieces and blend in a food processor until they are finely ground into crumbs. Set aside in a bowl. Steam-fry the celery, onion, and garlic in an electric skillet. Cook until softened, about 6 minutes. Transfer to a large bowl. Blend tofu, vegetable stock, oats, and Liquid Aminos until smooth. Add the basil, parsley, black pepper, and “Zip,” and pulse until well blended. Add to the onion mixture. Add the cooked wild rice and the tortilla crumbs to the onion mixture. Mix well. Mixture should be slightly sticky but form into balls easily. If mixture is too wet, you may need to add more tortilla crumbs. Preheat oven to 400 degrees. Lightly oil a cookie sheet or baking dish. Shape mixture into balls. Roll each ball into the remaining tortilla crumbs to coat. Bake 20-30 minutes or until lightly browned. Serve with Roasted Pepper Macadamia sauce to dip the balls in.

RED PEPPER MACADAMIA SAUCE

4-5 big pieces of roasted Red Peppers
1 lb. Macadamia Nuts (raw)
6 cloves roasted Garlic
3 large fresh Basil Leaves
Salt and Pepper to taste
½ to 1 cup Olive Oil

Process all ingredients, except olive oil, in a food processor until creamy. Slowly add olive oil until well emulsified. This sauce that can be made thick for dipping grilled Tofu slices or the Tuscany Tofu Meatballs, or it can be thinned for use as a salad dressing.

ENTRÉES

STUFFED VEGETABLES

8 Cabbage Leaves
2 stalks Celery
1 cup French-Style Green Beans
½ cup Bean Sprouts
½ Green Bell Pepper
1 tsp. Parsley (chopped)
3 tsp. dehydrated Onion Flakes moistened with Tomato Juice or Veggie Broth
2 cups Vegetable Broth

Scald cabbage leaves with boiling water & leave covered in pot for one-half hour. Finely chop vegetables & add parsley. Mix. Spoon vegetable mixture onto each cabbage leaf. Roll tight & tuck in ends. Use toothpicks to fasten. Simmer in vegetable broth for 1 hour. Season with flax seed oil, Braggs Liquid Aminos, & cayenne pepper.

KALE & GARLIC SAUCE

1 lb. Kale
4 med. Garlic cloves, minced
2 tsp. ground Coriander
Salt and Cayenne Pepper

Rinse Kale and remove stems, including the tough part of stem in the leaf. Cut leaves into a manageable size. Steam kale until tender-crisp and then transfer to a bowl. Steam-fry garlic for 1 minute. Add coriander, salt, & cayenne and stir over low heat for 15 seconds to blend. In a pan or bowl, toss mixture with kale. Adjust seasoning to taste. Serve hot.

CAJUN BEANS AND RICE

1 lb. dried Pinto Beans	½ tsp. Celtic Sea Salt
1 cup Green Onions (chopped)	¼ tsp. Red Cayenne Pepper
2 cups Yellow Onion (chopped)	1 oz. Braggs Liquid Aminos
½ tsp. Garlic (minced)	6 cups cooked Brown Rice
¼ tsp. Oregano	6 oz. Tomato Paste
¼ tsp. Garlic Powder	¼ tsp. Thyme
¾ tsp. Black Pepper	1 tsp. Celery Flakes

Wash beans. Soak 12 hours, Drain water. Fill large pot with beans, add water about ½" above beans. Add remaining ingredients. Cover. Cook over low heat for 2 ½ hours. Serve over cooked brown rice.

ENTRÉES

STUFFED SQUASH

2 small Acorn Squash, halved and seeded
½ cup Carrot, diced
½ cup Red Bell Pepper, diced
½ cup Zucchini, thickly sliced
½ cup Onion, diced
½ tsp. minced Garlic
Non-Stick Vegetable Spray

Preheat the oven to 350 degrees. Use cooking spray to coat large baking dish. Place acorn squash halves in pan with ¼ cup of water and steam for 10 to 15 minutes. Lightly steam-fry remaining ingredients for a few minutes. Stir frequently. Spoon vegetables into squash halves and bake until squash is tender or for 20-25 minutes.

CHILI TOFU PITAS

1 pkg. Tortillas or Pita Bread
1 small can Green Chilies (chopped)
3 cloves Garlic, minced
1 pkg. extra firm Tofu (Nigari)
1 tsp. Mexican Seasoning (Spice Hunter)
2 tsp. dried Onion, OR ¼ cup minced fresh Onion
¼ cup Soy Parmesan Cheese substitute
1 Tbs. fresh Cilantro
½ tsp. Salt
1 jar or can Enchilada Sauce
3-4 Sun-dried Tomatoes for garnish
Avocado slices for garnish

Cut the pita bread into eight triangular pieces, like a pie. Mince the garlic in a food processor. Add the other ingredients, except the tofu, and process until finely chopped. Grate the tofu into the mix by first placing the grater attachment on the processor. Process until mixed (a few seconds). Open each pita triangle up so you can put the filling in. Spoon the filling into the pita triangles and place into a pie pan. Add enchilada sauce inside over the filling mixture and over each pita on the outside as well. Bake at 350 degrees for 10-15 minutes. Cut the avocado slices and sun-dried tomatoes to put on top for a garnish just before serving warm.

ENTRÉES

CURRIE VEGGIE CREPES

1 cup Almond Milk
3 Tbs. unsweetened Coconut Milk
1 ½ tsp. Egg Substitute OR 1 ½ Tbs. Agar Agar flakes
(seaweed gel, found in your health food store)
1/3 cup Water
1 Tbs. Olive Oil
½ tsp. Turmeric
¼ tsp. Curry Powder
Dash of Cinnamon
1 cup all-purpose Flour (or spelt, millet, or whole wheat flour)
½ tsp. Salt (optional)

In a bowl, whisk together the almond milk, coconut milk, egg substitute or agar flakes, water, oil, turmeric, curry, and cinnamon. Whisk in the flour and salt until there are no lumps left in the batter. If using agar, you must use a food processor and process until smooth.

Use saran wrap to wrap over the bowl and refrigerate for at least a half an hour or up to one day. Heat a small nonstick crepe pan or skillet over medium-low heat. Gently stir batter to blend again. Once the pan is hot, drop 2 Tbs. of crepe batter into the skillet. Swirl the pan to coat the bottom evenly with the batter. If the batter does not swirl easily you must add a little water to thin it down a bit. Cook for about a minute or two or until the top appears dry. Use a spatula to gently flip the crepe. Cook for about a minute or two longer or until the bottom appears lightly browned and the crepe slides easily in the pan.

Move the crepe onto a plate or paper towel. Once made, these crepes may be refrigerated or frozen for later use.

Curried Veggie Crepes Veggie Filling on next page...

ENTRÉES

CURRIED VEGGIE CREPES VEGGIE FILLING

10-12 thin Asparagus Stalks, cut into 3-in. segments
½ cup Snow Peas
1 Yellow Onion, thinly sliced
4 cloves minced Garlic
2 med. Orange or Yellow Bell Peppers
2 med. Red Bell Peppers
¼ cup Olive Oil
1 Tbs. fresh grated Ginger
½ to 1 tsp. ground Mustard Seed
1 ½ tsp. ground Cumin
½ tsp. Cinnamon
1 Tbs. Curry Powder
½ cup Pine Nuts
1 tsp. Salt or Bragg Liquid Aminos to taste
1/3 cup Coconut Milk (unsweetened)

Remove the seeds and ribs from all the bell peppers. Cut into matchsticks. Heat the olive oil in a large skillet or electric fry pan over medium high heat. Add the asparagus and snow peas. Cook. Stir constantly, until they barely begin to brighten and soften. Reduce the heat to medium and add the onions and garlic. Cook until onions soften. Add the bell peppers and steam-fry with a little water just until peppers are begin to soften. Add the ginger, mustard seed, cumin, cinnamon, curry, and a little more olive oil. Continue to stir and cook. Add the pine nuts, salt, and coconut milk, and cook until desired softness. Serve warm with the Autumn Curry Crepes. Can also be served over rice or any other cooked grain you prefer.

PEPPER TOFU PACKETS

1 pkg. firm or extra firm FRESH Tofu	¼ cup chopped fresh Coriander
3 Scallions	1 tsp. Sesame Seeds
¼ Red Bell Pepper	1 cup Bragg Liquid Aminos

Soak sesame seeds overnight. Drain tofu. Cut in half on the diagonal to form two triangles. Cut a pocket in each triangle. Finely chop the scallion, pepper, and coriander. Add sesame seeds. Stuff half the mixture into each piece of tofu. Pour Liquid Aminos over tofu pockets and marinate in refrigerator for 10 minutes before serving.

ENTRÉES

BUTTERNUT AND CELERY SOUP

- 3 Celery Stalks cut in big chunks
- 2 Butternut Squash
- 1 Onion, peeled and chopped in big chunks
- 1 Onion, peeled and sliced into thin rings for garnish
- 2 Tb Olive or UDO's Oil
- 3-4 cups Veggie Stock
- Cinnamon and Nutmeg or Salt and Pepper to taste

Cut Squash in half & remove seeds. Lightly oil the cut side of the vegetables. On an oiled cookie sheet, place squash cut side down and celery chunks and roast in a 400 degree oven until tender and lightly browned or for about 45 minutes. Scoop out soft squash from the skins. Puree the roasted vegetables in a food processor or blender with some of the stock. For a smoother texture, pass soup through a strainer into a clean pan. Add the remaining stock & season to taste. Keep warm. For the onion ring garnish, fry the onion in oil until brown and somewhat crisp or for about 10 minutes. Top soup & serve.

VEGETABLE BORCHT

- | | |
|-------------------------------|----------------------------|
| 6 cups Veggie Broth | 1 Red Pepper (shredded) |
| 1 cup each Carrots (shredded) | 1 ½ cups Cabbage, shredded |
| 1 cup Beets (roughly chopped) | Vegetable Salt to taste |
| 1 cup Onions (thinly sliced) | Pepper to taste |

In a large saucepan combine broth, carrots, beets, and onion. Gently cook until tender. Add red pepper and cabbage. Add salt and pepper to taste and cook for about 5 minutes more. For a richer flavor, cool completely before serving time and reheat and serve.

ZUCHCHINI TOFU PATTIES

- | | |
|------------------------------|--------------------------------|
| 1 carton FRESH Tofu, drained | 1 cup Zucchini, grated |
| 3 Tbs. Onion, chopped | Egg Substitute equal to 2 eggs |
| ½ Tbs. Vegetable Broth Mix | 3/8 tsp. Salt |

Slice and steam tofu for 5-10 minutes. Chop & drain well. Steam-fry onions. Add vegetable broth mix & zucchini. Stir well. Add salt, tofu, & egg substitute and combine all ingredients. Make into patties. Place on sprayed baking sheets & flatten slightly. Lightly bake at 350 degrees. When bottoms are barely brown, flip patties. Finish baking, but make sure not to overbake.

ENTRÉES

SIMPLE VEGGIE STEAM-FRY

1-2 tsp. fresh grated Ginger (hand grated)	½ cup Onion slices
2-3 cloves Garlic, crushed	1 cup Pea Pods
½ cup Yellow Squash	(other veggies as desired, cut julienne)
½ cup Cauliflower, slices	1 cup fried Tofu (or use marinated tofu
½ cup Red Peppers, strips	from the health food store)
½ cup Broccoli (cut small)	¼ tsp. Salt

Heat up electric fry pan. With a small amount of water, steam-fry the garlic and ginger for a couple of minutes. Pour in vegetables and tofu. Steam-fry until vegetables turn very bright and begin to slightly soften. Pour the steam-fry sauce mixture over the top and steam for a couple more minutes. Serve while warm.

STEAM-FRY SAUCE

1/3 cup Water or Veggie Stock
1 tsp. Stir-Fry Ginger Spice (Spice Hunter)
Juice of half a Lemon or Lime
Bragg Liquid Aminos to taste

BEAN SPROUT CASSEROLE

1 cup baby Lima Beans, sprouted
1 cup Mung Beans, sprouted
3 cups chopped Leeks
1 cup Pinto Beans, sprouted
1 large Red or Green Pepper, finely chopped
1 large Onion, chopped
1 clove Garlic, finely chopped
3 Tbs. Bragg Liquid Aminos
Freshly ground Pepper to taste

Steam-fry the garlic and onions. Add leeks, Bragg Aminos, and pepper. Simmer for 15 minutes. Add chopped pepper and simmer for 5 more minutes. In casserole dish, pour over beans. Stir gently. Bake at 350 degrees for 15 minutes.

ENTRÉES

ITALIAN ZUCCHINI

8-10 med. Zucchini
2/3 cup Onion, coarsely chopped
1 ½ cups Tomatoes
2 cloves Garlic, minced
1 tsp. Salt
1/8 tsp. Pepper
3 Tbs. Olive Oil

Wash, cut ends, and slice zucchini. Steam-fry sliced zucchini, onion, and garlic in a saucepan over low heat for 10 minutes. Turn and move mixture occasionally. Remove vegetable mixture from heat and sieve in tomatoes with pepper. Blend thoroughly but lightly. Place mixture into a casserole dish. Cover and simmer 30 minutes. Add olive oil just before serving.

CABBAGE ROLLS

1 medium head of Cabbage	1/8 tsp. Black Pepper
1 clove Garlic	1 tsp. Bragg Liquid Aminos
1 Bay Leaf	½ tsp. Real Salt or Vegetized Salt
1 pkg. drained FRESH Tofu (break into fine pieces)	3 cups Vegetable Broth
1 cup Onion, finely chopped	½ cup Vegetable Broth Mix

Grease a shallow casserole dish with a tight-fitting lid. Remove wilted outer leaves from cabbage. Rinse and cut in half through core. Remove eight large leaves. Shred remaining cabbage, enough to yield 2 cups, and place in casserole dish.

Add garlic clove and bay leaf. Set casserole aside. In a large pan, pour boiling water to 1-inch level. Add the eight leaves of cabbage and salt. Cover and simmer for 2-3 minutes. Steam-fry chopped tofu, onion, pepper, and Liquid Aminos.

Place one-quarter cup of this mixture into the center of each of the eight cabbage leaves. Roll each leaf, tucking ends in. Use wooden picks to secure and place on shredded cabbage in a casserole dish. Stir vegetable broth mix into cold vegetable broth. Pour this mixture over cabbage rolls along with a few grains of pepper. Cover and simmer on low heat for 30 minutes. Remove bay leaf and wooden picks and serve.

ENTRÉES

TOFU ONION STEW

2 med. Onions, sliced	1 1/2 cups fresh Green Beans
3 cups Water	3 large Onions. Quartered
3 Kale leaves, torn to bite-size	1 pkg. FRESH Tofu, firmness of choice
1 Bay Leaf	

Steam-fry the sliced onions in a 3-quart pan with a lid. Add water, kale, bay leaf. Cover and simmer until kale begins to soften. Remove bay leaf. Add in quartered onions and green beans. Continue to simmer until beans are tender. Drain and slice tofu and warm in pan or steam separately in steamer. Season if desired. Place tofu on top of stew and serve.

TOMATO OKRA CREOLE

4 cups sliced Okra	1/2 tsp. Salt
1/3 cup chopped Green Pepper	1/8 tsp. Black Pepper
1 cup chopped Onion	1 tsp. powdered Lecithin
2 cups chopped Tomatoes	1/8 tsp. Thyme
1/8 tsp. Curry Powder	

Wash okra, cut off ends, and slice. Set aside. Chop green pepper and onion. In a large skillet, steam-fry green pepper and onion to a transparent stage. Add okra and tomatoes. Stir in mixture of curry powder, salt, pepper, lecithin, and thyme. Cover and simmer for 30-40 minutes or until okra becomes tender.

SPINACH LASAGNA

1-2 cans tomato sauce (6 oz.)	2 cups soy burgers (crumpled, precooked)
1 pkg. "no boil" spelt lasagna noodles	2 cups soy cheese (shredded)
1 package fresh spinach	

Pour tomato sauce into a glass container. In a large skillet, sauté spinach for 5 minutes. Add spices for flavoring. Remove spinach and set aside. Spread a layer of tomato sauce on the bottom of a baking pan. Depending on the size of the dish, place 2 or 3 lasagna noodles on top of the tomato sauce. Spread another layer of tomato sauce over the noodles. Place spinach, crumbled soy burgers, and soy cheese on top of the layer of tomato sauce. Add more lasagna noodles on top of mixture. Repeat this procedure until all of the ingredients have been used. Place the baking pan in the oven and bake for 30 minutes at 350-400 degrees.

ENTRÉES

CURRIED SQUASH

3 cloves Garlic, sliced	1 tsp. Salt
2 Serrano or Thai Chili Peppers, seeded or diced	¼ tsp. Turmeric
½ can unsweetened Coconut or Almond Milk	2 cups Vegetable Stock or Water
1 med. Yellow Onion, quartered	1 Tbs. Udo Choice Oil or Olive Oil
2-4 Sun-dried Tomatoes, minced	4 cups Butternut Squash, peeled and diced
1 Tbs. fresh Ginger Root, minced	2 cups fresh Tomatoes, diced
2 tsp. Garam Masala	2 cups Black-eyed Beans or Lentils, cooked
1 tsp. ground Cumin	2 cups Spinach or Kale, chopped
½ tsp. Cinnamon	1 cup Green Peas
¼ tsp. ground Coriander	3 Tbs. Mint, minced

Combine first twelve ingredients and 3 Tbs. of stock or water in a blender. Puree mixture to a paste while scraping down the sides of the blender a couple of times. In a large saucepan, heat oil. Add the spice paste and cook. Stir often for 10 minutes. Add remaining stock, butternut squash, and tomatoes. Cook over medium heat while stirring often. Cook until squash is just tender or about 20 minutes. Mix in black-eyed beans, spinach, and green peas. Continue to cook while stirring often. Cook until spinach is tender, about 10 more minutes. Remove from heat. Adjust seasonings to taste. Just before serving stir in the mint.

HARVEST CASSEROLE

1 each med Green and Red Pepper, cut into 1" strips	3 med. Carrots, cut into chunks
2 large Onions, cut and separated into rings ¾" thick	½ head Cauliflower florets
1 cup sprouted Barley, partially cooked (save 1 cup water)	1 lb. Green Beans, snapped in half
1 cup Barley Water (saved above)	2 cloves Garlic, crushed
4 Tbs. Vegetable Broth mix	1 tsp. Paprika
2 med. Zucchini cut into 1 1/2 inch chunks	¼ cup Parsley, chopped
2 large Tomatoes, peeled and quartered	1 Tbs. Salt
3 med. Carrots, cut into chunks	¼ tsp. Black Pepper

Steam-fry green peppers and onion. In a casserole dish combine all ingredients and cover.

Bake at 350 degrees for 1 hour.

Barley should be tender.

ENTRÉES

VEGGIE PAD THAI

1 package tofu	8 oz. rice noodles
3 Tbs. almond butter	2 cups bean sprouts
1/3 cup lime juice or lemon juice	3/4 tsp. garlic powder
1/3 cup Bragg's Liquid Aminos	1" piece of ginger (minced or powdered ginger)
1/2 teaspoon red pepper flakes	2 Tbs. sesame oil
1 small onion (chopped)	Sliced lemons
1 small bunch green onions (chopped)	Water as needed
2 cups of mixed vegetables (steamed, stir-fried, or microwave)	

Prepare rice noodles. Drain and set aside. Squeeze tofu until completely dry. Cut tofu in 1/4" to 1/2" squares. Set aside. Mix almond butter, lime or lemon juice, Bragg's Liquid Aminos and red pepper flakes. Set aside. Stir-fry garlic and tofu in 1 tablespoon of sesame oil in a wok, until garlic and tofu slightly turn brown. Add in remaining oil, ginger, and onions. Stir-fry for two minutes. Add in vegetables and almond mixture. Stir-fry until all vegetables are covered in almond mixture. Add in noodles and bean sprouts. Stir-fry until sauce thickens and vegetables and noodles are hot. Use sliced lemons for garnish.

VEGGIE ENCHILADA TORTILLAS

- 4 sprouted whole wheat tortillas
- 4 oz. soy Monterey Jack Cheese (shredded)
- 1/2 cup onion (diced)
- 1/2 cup green bell peppers (diced)
- 1/4 cup red bell pepper (diced)
- 2 tsp. canned green chilies (chopped)

Place tortilla in microwave with a paper towel cover. Microwave on high for 15 seconds. If preferred, place in toaster oven for 2 minutes or warm on a dry fry pan and flip each top to bottom until all are warmed through. Set aside. In a bowl, mix cheese, onion, peppers, and chilies. Split the mixture among the tortillas. Roll tortillas and place seam side down on a plate. Top the tortilla rolls with cheese. Bake at 350 F for 5 minutes or until cheese melts.

Serve hot. Serves: 4, preparation time: 15 min, cook time: 5 min

ENTRÉES

FALAFEL FRITTERS

¼ cup fresh Cilantro, coarsely chopped
¼ cup fresh Parsley, coarsely chopped
8 oz. (1 cup) Beans, soaked overnight (drain well and cook in boiling water for about 10 minutes or you could use black-eyed beans, cranberry beans, or lima beans.)
1 ½ cups canned Chickpeas, rinsed and drained (15 oz. can)
1 clove Garlic, minced
1 tsp. Salt
1 tsp. Cumin
1 Red Hot Chili Pepper, seeds and ribs removed, minced
¼ cup Red Onion, chopped
1 tsp. Turmeric
1 Tbs. fresh Lime Juice
3 Tbs. Flour (spelt, millet, whole wheat)
2 heads Butter Lettuce or Savoy Cabbage, leaves separated, tear big ones in half
6 cherry Tomatoes, quartered; or 1 small tomato finely chopped
Tahini Tofu Sauce (see recipe below)
1 Tbs. toasted or raw Sesame Seeds

In the food processor bowl, process the cilantro and parsley until fine. Add the next nine ingredients. Pulse until the mixture forms a very thick, fairly smooth paste (you will need to scrape the sides down and process a few times.) Add the flour and pulse to combine. Place this mixture in a bowl and set aside. This mixture can be made a day ahead and refrigerated in an airtight container.

Drop falafel mixture 1 Tbs. at a time on a non-stick cookie sheet. Bake at 350 degrees for 10-12 minutes. This can be brushed with olive oil and baked until golden brown if preferred.

Each fritter should be served warm on a piece of lettuce or cabbage cup. Use the remaining onions, tomatoes, Tahini Tofu Sauce, and a sprinkling of sesame seeds to garnish. Wrap the cabbage around the fritter and eat like a finger food hors d'oeuvre.



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